

# Mental Health for all Texans

**1 in 5 people have experienced  
a mental health issue.**

***You are not alone.***

Mental health concerns affect everyone  
— children, veterans, retirees, adults,  
students, teenagers and people  
who are homeless.

Get help for yourself or a loved one today.

**Crisis Text line: 741741**

**Suicide Hotline: 800-273-8255**

**TTY: 800-799-4889**

**Dial 211, option 8 ■ [mentalhealthtx.org](http://mentalhealthtx.org)**



**Freedom From Stigma**

For more information contact [MentalHealthTX@hhsc.state.tx.us](mailto:MentalHealthTX@hhsc.state.tx.us)



**TEXAS**  
Health and Human  
Services